

## Wellness Director is always on the move at Emerald Court

**KELSEY WITTIG** has been the Wellness Director at Emerald Court just over three years. The self-proclaimed jock -- who enjoys cross country, track, soccer and ultimate Frisbee -- has both bachelor's and master's degrees in Gerokinesiology from nearby California State University, Fullerton.

"It basically means that I studied movement in respect to aging and how movement patterns and health change with age," Wittig explained. "I specialize in Balance and Mobility, which I believe really allows me to provide functional and individualized attention."

At Emerald Court, Wittig and her team create programming that exemplifies physical, social, intellectual, emotional, spiritual and vocational wellness. These six dimensions are the pillars of the Art of Living Well® and the focus of Emerald Court's robust calendar of activities.

"I keep checking those pillars as I'm designing programs," Wittig said, "It's never exclusively one. For example, our

Balance and Mobility class fulfills the resident's physical wellness, but the way the classes are led, we are also stimulating social and intellectual wellness by encouraging individual problem solving throughout the class."

Carefully planning the wellness calendar for Emerald Court -- which includes physical activities, social celebrations and even some friendly competitions -- means working months ahead. "We're always looking ahead. We're doing this month, prepping for next month and planning for the month after that," Wittig said.

Though she's quick to deflect the compliments, Wittig is a hands-down favorite among Emerald Court's 240 residents. She finds seniors to be her best and favorite clients. "They really want to improve," Wittig explained, "they want to get better."

Movement is a mainstay of Wittig's busy days at Emerald Court. Typically, she can be found leading a class, organizing a group outing or conducting a personal training session.

With social distancing measures still in place due to COVID-19, Wittig has gotten creative. Using Emerald Court's in-house television channel, she has videotaped herself doing exercises and counting reps. She has developed new



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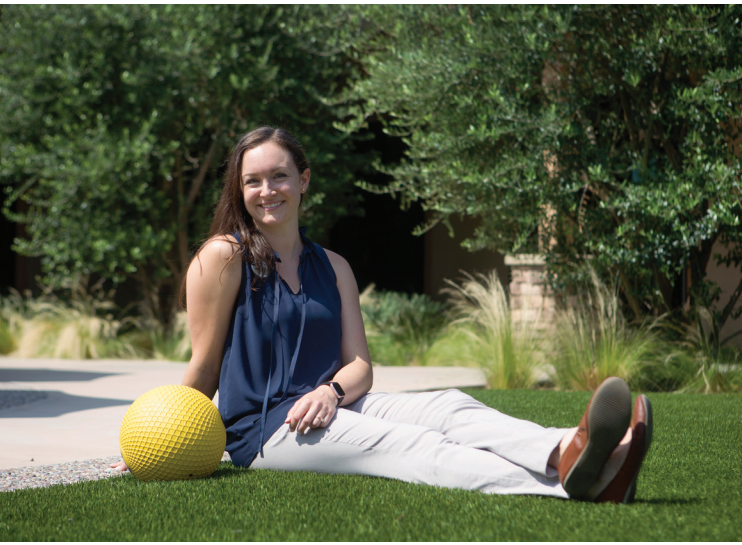
exercise routines and cognitive tasks to provide "something new every day." She scours YouTube for virtual museum tours and chair yoga classes.

Wittig and her team also offer personal training sessions. The 30-minute, individual sessions, are designed to "get you to where you want to go." And, according to Wittig, it's never too late to start. "I have a client who started

personal training at 101," Wittig shared. "She said, 'Kelsey, I'm doing okay in the gym, but I think I need some extra help.'"

Helping a centenarian develop a new fitness routine? No sweat for Wittig; she's game.

*Emerald Court is available for personal tours by calling 714-880-8161 or connecting online at [lfeatemeraldcourt.com](http://lfeatemeraldcourt.com).*



"I LOVE MY JOB BECAUSE OF THE RESIDENTS I GET TO INTERACT WITH EVERY DAY AND BECAUSE I BASICALLY OVERSEE ALL THE FUN AT THE COMMUNITY," WITTIG SAID.

### Healthy living at a social distance

While large group gatherings are still discouraged, use the tips and ideas below to stay healthy and engaged while staying apart.

- Use technology to connect with others from calls to online book clubs
- Give your "*mind muscle*" a workout by playing games or doing crosswords
- Get creative by taking up a craft, sketching or coloring
- **LOL!** Laugh out loud by enjoying a funny movie or sharing jokes
- Express yourself by writing poems, plans or journal entries
- **STRETCH.** Light stretches daily can boost attitude and strength
- Take a breath and a moment to close your eyes and relax your mind